



# Bradford Tioga Head Start Inc.

## Fussy Eaters

Almost every child becomes a fussy eater sometime during the first six years. If there is a dramatic drop in an eating pattern that lasts a few weeks to several months, there may be a medical problem. Consult your health care provider to make sure a fussy eater is healthy and growing, and is in the right percentile on height and weight charts.



Children should be hungry at mealtime. Make sure children aren't filling up on snacks or empty calories, such as soda pop and junk food, before mealtime. Try not to offer snacks within two hours of a meal.

Offer small portions of foods, and second helpings. A child's stomach is small. If a child eats a lot at one meal, he may not want much at the next. For example, a child who eats a big breakfast may not want much for lunch.

Sometimes a child gets labeled a fussy eater because he rejects a certain food. Toddlers and preschoolers aren't adventurous about food. Familiar foods are safe; new ones aren't. A new food may need to be offered 10 times before it's accepted. It is okay to let children spit out a new food if it's tried and not liked. Serve one new food along with several favorites.

Food jags are common. Offer the requested food along with other healthful choices. Consider a child's food intake by the week, not day by day. If your child refuses to eat an entire food group, such as fruits and vegetables, for several weeks, talk with a health care provider. A vitamin supplement may be needed.

It may help to offer choices. "Would you like cereal or eggs?" If both are rejected, parents may want to remind their child that only two choices are available and that a snack will be offered later.

One of the few things children can control is what goes into their mouths. Adults can't make a child swallow or chew. Begging, bribing, or threatening only start power struggles. Children need to learn to respond to their own internal hunger cues. It is a parent's job to provide healthful food, on a regular basis, in a pleasant environment. Children should decide how much and which food to eat.

## Dips



### Creamy Strawberry Dip

#### What You Need:

- 1/2 cup light cream cheese
- 1/2 cup lowfat strawberry yogurt
- 1/4 cup marshmallow creme

#### How To Fix:

Beat all ingredients at low speed with mixer. Cover and chill 2 hours. Dip pineapple chunks, unpeeled apples, orange sections, banana slices, fresh strawberries, or seedless grapes. Makes 1 cup. (30 calories and 1 gram fat in 1 tablespoon)

### Banana-Peanut Butter Dip

#### What You Need:

- 1 medium ripe banana
- 2 tablespoons peanut butter

#### How To Fix:

Peel banana and cut small pieces into bowl. Mash banana well with fork. Mix in peanut butter. Spread on crackers or use for dipping apples and pear wedges.

## Before You Get Pregnant

Complications occur in one out of every three pregnancies. Half of the problems could be prevented if women made changes in their health and lifestyle, had more access to health care, and better quality care.

For the healthiest baby possible, before you become pregnant:

- Follow a well-balanced food plan. If you need to lose weight, avoid low-calorie diets. A health care provider can help you plan a weight loss program that includes a variety of healthful foods.
- Take prenatal vitamins with folic acid. Large doses of vitamins and minerals increase the risk of birth defects and miscarriages. Always review vitamins and all the drugs you take with your

health care provider.

- Exercise. Get into shape for pregnancy and labor.
- If you smoke, quit.
- Limit caffeine and don't use any alcohol.
- Schedule a dental check-up so x-rays and drugs won't harm the fetus during pregnancy.
- If you are using a birth control, talk with your health care provider about when to stop them.
- Update vaccinations before you try to get pregnant.
- If you have a cat, let someone else change the litter box.
- Take a class on parenting. Classes are offered at hospitals, clinics and through your health care provider.



## Caldecott Award Books

Toddlers and preschoolers often “read” stories to adults by looking at the pictures. Every year the American Library Association awards the Caldecott Award to the artist of the best picture book for children. Many of the winning books have become classics. Ask the children’s librarian at your library to find Caldecott books.

Favorite Caldecott Award books include: *Where the Wild Things Are* by Maurice Sendak; *Polar Express* by Chris Van Allsburg; *Owl Moon* by Jane Yolen; *Officer Buckle and Gloria* by Peggy Rathmann; and *Rapunzel* by Paul O. Zelinsky.

## Height and Weight Charts

Children love to watch themselves grow. Help children make their own growth chart to hang in their rooms. To make a growth chart you need: a long piece of poster board or foam coreboard (from an art or frame store), markers or crayons, yardstick, tape, string or yarn and a picture hanger.

Start at the bottom of the poster board. Use a yard stick and markers to draw a vertical line at two, three and five feet. Fill in the inches at one-quarter inch intervals. Children can color their chart with markers or crayons.

Tape a one- to two-foot piece of string or yarn to the top of the chart. Hang the chart on a door or wall with a picture hanger. Make sure the chart begins two feet above the floor so measurements will be correct.

Record important events next to measurements. For example, “Tracy lost her first tooth” next to the child’s height. Handprints can also be placed next to the height and weight.

## Herpes

Herpes is a virus. There are two types. Type 1 is more common in oral infections, such as cold sores and fever blisters. Type 2 is more common in sexually transmitted diseases. Herpes lesions are painful and usually last 10 to 14 days. Lesions heal without treatment, but treatment can shorten their duration.

Pregnant women with herpes can infect their newborn infants in the uterus and during delivery. Herpes in a newborn can be deadly or result in severe brain damage. For this reason, a C-section is advised for mothers who have active genital herpes lesions at the time of delivery.

An infected person can pass on the herpes virus, even before open sores are present. There is no known cure for genital herpes. If you think you have any genital infection, see your health care provider. Drugs can reduce the pain of herpes outbreaks.